

Strategies for a Healthy, Active New Jersey: *Schools*

Advocate for an increased meal subsidy that will enable schools to offer a variety of healthy foods and beverages prepared in a way that appeals to students.

Ensure that schools have either the capacity to prepare a variety of healthy, appealing, kid-friendly fruits and vegetables and/or the resources to purchase such foods.



Strengthen the state's minimum school wellness policies to include nutrition, physical activity and TV viewing. Policies should encourage local districts to locate schools in locations that students can safely and easily reach on foot and by bike.

Support school-based wellness councils that are active in implementing school wellness policies and include community representatives as well as school representatives.

Ensure that all students are actively engaged during physical education class.

Provide students with diverse and developmentally appropriate physical activities to meet individual needs and interests.

Provide facilities that are conducive to learning (with respect to class size, equitable space, sufficient equipment) and technology as well as safety and cleanliness.

Ensure that schools provide a variety of activities that encourage students to be physically active — including recess, activity breaks and before- and after-school physical activity programs.

